

Hawaii MARINE LIFESTYLES

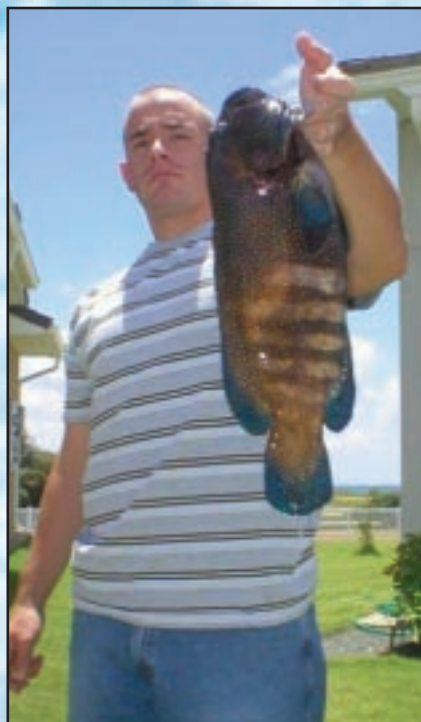
Hawaii Marine B Section

August 15, 2003

Spearfishing

Hunters from the sea score a mighty catch

Sgt. Joe Lindsay
*Community Relations
Chief*



Hugh Powell, a Phoenix native and immunization technician at the Kaneohe Bay Branch Medical Clinic, shows off a grouper he speared in the waters behind his house.



Spearfishermen quickly remove their kills and place them on stringers so as not to attract the most feared predator in the ocean — sharks.

Though they all grew up landlocked, with their visions of the deep sea shaped by images of the movie “Jaws” more than anything else, a group of four service members aboard MCB Hawaii, Kaneohe Bay, have taken to their new ocean surroundings on Oahu quite well. So well, in fact, that they are perhaps as feared now by their prey as they ever were themselves as wide-eyed children looking up at the infamous great white shark of the big screen.

That’s because the four — James Davis, a Marine Aircraft Group 24 network administrator and native of St. Louis; Ben Cobb, a Marine Aviation Logistics Squadron 24 embark chief from Gilbert, Ariz.; Hugh Powell, a Phoenix native and immunization technician at the Kaneohe Bay Branch Medical Clinic; and Casey Sase, a BMC corpsman from Grass Valley, Calif. — have become avid spear fishermen, going into the water almost religiously every weekend to capture the spoils of the sea.

“Growing up in Missouri, I was always into hunting, but I never imagined I would be in a position to do something like spearfishing,” said Davis. “Even though I am a beginner, I am starting to get the hang of it and have been doing O.K.”

Just “doing O.K.” might be the understatement of the year in the spearfishing community, as the ever-humble Davis conveniently failed to mention that he recently landed a monstrous u’hu fish off the Bay’s waters.



Above and Top — Some of the best spearfishing in the world can be found in the waters off Hawaii, as these two catches show.

Below — (From left to right) Casey Sase, Hugh Powell, Ben Cobb and James Davis, all service members stationed aboard MCB Hawaii, have formed a spearfishing club.



The fish that Davis speared was only four pounds shy of the u’hu (parrot fish) world record of 18 pounds.

“It was definitely a monster,” said Powell of Davis’ catch. “It just goes to show that if you put the time into learning something and have the dedication, that you can accomplish anything.”

The group, which has affectionately been dubbed the “Haole Hunters” by many in the local spearfishing community, says one of the best aspects of their new-found-sport has been meeting members of the local Hawaiian community who have been spearfishing for generations.

“Spearfishing has allowed us to

meet people we otherwise probably would never have come into contact with,” said Cobb.

“It has really done a lot to help bridge cultural gaps, and the local spear fishermen have kind of taken us under their wings and taught us some tricks of the trade.”

Those educational sessions in the sea seem to be working, as Davis, Cobb, Powell and Sase routinely emerge from the ocean with their legal limits. But how many fish they spear isn’t really their goal.

“Safety is always our paramount concern,” said Sase. “I used to hunt pigs growing up, but hunting in the sea is a whole different world — literally.

“You don’t have as much control of your surroundings under water. That’s why we never dive alone,” said Sase.

And when the four emerge from the waves together after a successful hunt, they look more

like warriors from the sea today than the scared youth who once feared “Jaws” seeping into their nighttime dreams.

“Oh, don’t get me wrong. I’m still scared of sharks,” said Davis.

“Me, too,” chipped in Powell.

“It’s more of a healthy paranoia than actual fear,” added Cobb.

“Statistically, the chances of actually getting attacked by a shark are remote.”

Whether or not the fear is real or imagined, the four still plan on continuing their forages into the water.

“It’s in our blood now,” said Davis. “Every time we go out into the ocean, it’s like a new adventure.”

All photos courtesy of Hawaii Skin Diver

MCCS

MARINE CORPS COMMUNITY SERVICES

www.mccshawaii.com

POSSIBILITIES IN PARADISE

By Bobbie Brock, MCCS Public Relations

AUGUST

15 / Today

Officers’ Club Membership Sundays — Every Sunday in August, all nonmembers who apply for a First USA membership will receive \$5 off their Sunday brunch per immediate family member.

For more information, call 254-7650.

Party at Kahuna’s — Kahuna’s Sports Bar & Grill will be partying every weekend in August. Every Friday, join the crew for a “Poi Hana” party from 6 – 10 p.m.

Also, don’t miss Tsunami Surf Saturdays, Hawaii’s only indoor surf meet from 10 p.m. – 2 a.m. Catch a big one on the surf simulator and win a brand new surfboard from Local Motion.

For more information, call 254-7660.

16 / Saturday

Officers’ Club Champagne Sunday Brunch — Treat yourself to a bit of decadence at the Officers’ Club Champagne Sunday Brunch from 10 a.m. – 1 p.m. The Club hosts a buffet that appeals to all senses.

Complete your weekend with stunning views of the Pacific Ocean and an elegant dining ambiance, all while enjoying an assortment of palate pleasing cuisine.

Staff NCO Club Biker Bash and Chili Cook Off — Cruise over to the Staff NCO Club and show off your toys.

There will be contests with prizes, a static display of bikes, a chili cook off and more!

The fun goes from 3 – 8 p.m. Look for more details next week.

Kahuna’s Live Hawaii Championship Wrestling — Watch the big guys “take ‘em down” at Kahuna’s Ballroom on Saturday from 7 p.m. - 9 p.m.

Visit with the Coors ambassadors while cheering on the strongest wrestler. The entry fee is \$8 for active duty and \$10 for all others.

For more information, call 254-7661.

18 / Monday

K-Bay Gas Lanes Closure — The Gas Lanes at MCB Hawaii, Kaneohe Bay, will be under renovation the duration of Monday, Aug. 18 through Friday, Aug. 22.

Several gas lanes are being replaced for better efficiency.

Officers’ Club Right Hand Man Lunch — Call it a working lunch or just show your appreciation and invite your “right hand man” to the Officers’ Club for lunch.

Pay grades E6 and above are welcome every Monday from 11 a.m. – 1:30 p.m.

21 / Thursday

Bargain Thursdays at the Base Theater — Are you looking for something to do Thursday evenings? Well, you’re in luck because the base theater is now showing Thursday evening movies.

Admission is \$1 for all ranks. Grab a quick snack and enjoy \$1 hot dogs.

Call 254-7642 for the movie schedule and times.

Kahuna’s Hot Latin Nights — Live “La Vida Loca” at Kahuna’s Sports Bar & Grill when it fires it up with a live performance by El Conjunto Tropical and dancing.

The club will open at 4:30

p.m.; entertainment will start at 10 p.m. For more information, call 254-7661.

23 / Saturday

Officers’ Club Escoffier Dinner Tickets — Fine dining has grown to be a favorite pastime for many Americans. Whether it is the quality of the food, the impeccable service or the luring ambiance of a five-star establishment, there are many reasons diners enjoy the experience.

On Saturday, Aug. 23, the Officers’ Club will open its doors to an evening of elegance with Chef Renato’s Escoffier Dinner from 6 to 8 p.m.

This seven-course dinner will feature Euro-Asian-Pacific Rim cuisine and a complementary wine or champagne served with each course. Also, guests will be pampered with personal tableside service and after-dinner cordials.

Setting the mood for the evening will be sounds of pianist Les Peetz.

Evening dress is required, so add a touch of class and dress in your very best.

Tickets are on sale now and can be purchased at the club, or by calling 254-7650. Seating is limited, so get your tickets now.

Elvis Dinner Show — If Elvis is “Always on your mind,” then rock and roll over to Kahuna’s ballroom where everyone is invited to an Elvis Dinner Show starring Elvis impersonator Jay Barnes. Costs are \$30 for members, \$40 for non-members and \$70 for couples. The show begins a 6 p.m. and reservations are strongly recommended. Call 254-0841 for more information.

Youth Activities Piano Lessons — Get the youngsters involved in extra-curricular activities and sign them up for piano lessons. Thirty-minute classes are available for children nine years and older. Classes are \$19 for a month of classes once per week on Tuesday or Thursday. To sign up or for more information, call 254-7610.

Fix it Yourself at the Auto Skills Center — Want to do a little work on your prized vehicle, but don’t have the space or tools to get the job done? Cruise on over to the Auto Skills Center located at Building #3097 next to the 24-hour car wash, and get your baby back in top form.

Certified Hawaii Safety inspections are also available weekdays from noon to 6 p.m. and weekends and holidays from 9 a.m. to 3 p.m.

Keep an eye out for a deal at the sealed bid auto auction the Auto Skills Center hosts. Call

254-7674 for more shop information.

Job Hunting — Marine Corps Community Services employs more than 850 employees in retail, food and hospitality, fitness, child and youth activities, water safety, logistics and administration. Stop by the MCCS Personnel office located in Bldg. 219.

Get a job or career that suits your skills, schedule and style.

Call 254-7619 or visit www.mccshawaii.com/jobs_listings.html and find the position that’s perfect for you.

Officers’ Club and Staff NCO Club Membership Benefits — You’ve paid your dues and now you’re a member. So, what do you get by joining your club?

All club members are privy to reciprocal club benefits, Marine Corps-wide check cashing privileges, “quarterly members only” events, a free birthday meal, discounted food and pupus.

Other benefits include a monthly newsletter/calendar, monthly coupons, advanced sales for events, priority seating for events and discounted banquet room rentals.

Information, Tickets and Tours — School is out and summer is here! This is the perfect time to take that much needed hiatus from excessive work.

Plan an outer-island excursion or take in some of the sites and activities on Oahu. Whatever your pleasure, Information, Tickets and Tours, and Leisure Travel can help you with reservations.

Stop by the office at Mokapu Mall or call 254-7563.

Joint Education Center — Registration is underway for College 101 classes. Marines and Sailors using tuition assistance for the first time at MCB Hawaii must attend the “College 101” workshop that is available each Wednesday at the Joint Education Center in Bldg. 219 from 11:35 a.m. – 12:45 p.m.

Chaminade, Embry-Riddle, Hawaii Pacific and Wayland Baptist Universities have on-base offices in Bldg. 220.

Civilians are welcome to attend this workshop.

Operation Enduring Freedom — Funds are available for free short-term childcare through certified Family Child Care providers.

The active duty family member must be deployed or working extended hours in support of Operation Enduring Freedom.

For referral and more information, contact the New Parent Support Program at 257-8803 or your Key Volunteer.

Spend a Day on the Bay — Enjoy a day of sailing and sightseeing in one of the sailboats, powerboats; or for larger parties, one of the pontoon boats located at the Base Marina, Bldg. 1698.

Rentals are available for sailing, water-skiing, fishing, kayaking and windsurfing.

Sailing classes are taught year-round for every skill level. And for boat owners, two boat-launch ramps are provided, as well as boat storage at the Marina pier.

Everyone will enjoy a day on the bay at the base Marina.

Mega Video’s Weekly Specials — Mega Video has a deal a day, so stop by and get your favorite flick. The friendly staff has an expansive knowledge of movies and is always on hand to help.

•**Mondays:** Rent one new release, get one category movie free.

•**Tuesdays:** Pick five titles for half price. (Sorry, accumulated movie credits are not valid on Tuesdays.)

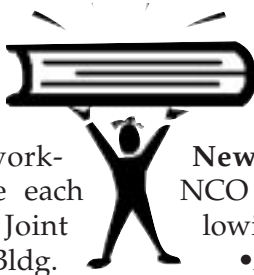
•**Wednesdays:** Rent three new releases (VHS or DVD) and receive an extra day rental.

•**Thursdays:** Rent one DVD at the regular price and rent the second one for \$1.50.

•**Fridays:** Rent family and children’s movies for 50 cents. (Sorry, no new releases on this deal.)

•**Saturdays:** Rent any basic movie at the regular price and rent the second choice movie for \$1. (Sorry, no new releases with this deal.)

•**Sundays:** Rent any Sunday special movie for \$1. (Each week is a different section. See the store calendar for sections.)



Staff NCO Club’s New Hours — The Staff NCO Club has posted the following hours of operation:

- Rocker Room**
Sundays: Closed
Mondays: 4:30 - 8 p.m.
Tuesdays: 4:30 - 8 p.m.
Wednesdays: 4:30 - 10 p.m.
Thursdays: 4:30 - 8 p.m.
Fridays: 4:30 p.m. - 2 a.m.
Saturdays: 6 p.m. - 1 a.m.
- Dining Room**
Sunday Breakfast: 9 a.m. – 1 p.m.
- Lunch:**
Sunday through Tuesday: Closed
Wednesday through Friday: 11 a.m. – 1 p.m.
- Dinner:**
Sunday through Tuesday: Closed
Wednesday through Friday:

SM&SP



All events are open to single, active duty military, E-5 and below.

The SM&SP Office is located in Bldg. 219. Call 254-7593 for more details.

Upcoming Activities

Aug. 30 - Sep. 1: Sign up now for the Big Island Bash. Fly off Oahu on this interisland, bargain trip and explore the island of Hawaii for only \$300.

SM&SP Goes Online

Get more on SM&SP at www.MCCSHawaii.com under the “Semper Fitness” icon.

SM&SP Benefits

Single Marines and Sailors of MCB Hawaii enjoy many bargains such as the following:

- At the Kaneohe Klipper Golf Course — Practice your swing with free range balls, club rental at \$5 per set, 9 holes of play at \$5, or 18 holes of play for \$9.

- Get into the swing of things with free tennis lessons Thursdays from 11 a.m. – 12 p.m. Call 258-8081 to reserve your spot.

- At K-Bay Lanes — Score with games at \$1.50 each, free shoe rental (Mondays - Thursdays), and no-tap at \$15 on Thursdays at 8:15 p.m.

- At the Base Marina — Enjoy free, unit “Adventure Training” with classes in scuba and much more.

MOVIE TIME

Prices: Adults (12 and older) \$3, Children (6 to 11) \$1.50, Children (5 and younger) free. Matinee prices are \$2 for adults, \$1 for children. Parents must purchase tickets for “R”-rated movies in person at the box office for children 16 years old and younger.

For E-5 and below, admission is free to the second show on Friday and Saturday evenings only. Sunday evenings, the price is \$1 for all patrons.

Show your I.D. at the box office. Call 254-7642 for recorded information.

Charlie’s Angels (PG 13)	Today at 7:15 p.m.
The Hulk (PG 13)	Today at 9:45 p.m.
Rugrats Go Wild (PG)	Saturday at 7:15 p.m.
Alex and Emma (PG 13)	Saturday at 9:45 p.m.
Rugrats Go Wild (PG)	Sunday at 3:30 p.m.
Sinbad: Legend of the 7 (PG)	Sunday at 7:15 p.m.
Sinbad: Legend of the 7 (PG)	Wednesday at 7:15 p.m.
Charlie’s Angels (PG 13)	Thursday at 7:15 p.m.
Terminator 3 (R)	Aug. 22 at 7:15 p.m.
Charlie’s Angels (PG 13)	Aug. 22 at 9:45 p.m.

For up-to-the-minute news about MCCS, log onto www.mccshawaii.com.

The Honolulu Symphony tunes in all palates

Called the ‘Jewel of the Pacific,’ Hawaii’s orchestra plays the ‘great indoors’

Steven Kalnasy
Special to the Hawaii Marine

With all that Hawaii has to offer, it’s difficult to choose one activity or event to do that will remain in your memory as a defining moment of your tenure here.

On a given day, you can surf some of the gnarliest waves on the planet, charter a fishing boat and catch a 1,000-pound Marlin or hike into Waimea Canyon on the island of Kauai to experience the wettest place on earth.

And, if excitement isn’t your cup of tea, you can find a remote stretch of sand and take in the vast beauty of the Pacific Ocean.

Hawaii is truly a place of wonder. So, with all there is to do and see here, some things are bound to be left out, or just plain overlooked.

One experience that is often missed is actually one of the “jewels” of our island state. Honolulu is fast becoming the focal point of class and culture with one of the premier orchestras in the world available for our enjoyment.

Crowds sit in their seats, waiting for the maestro to step on stage, with baton in hand, exuding the authority of a general on a battlefield.

All becomes silent, awaiting the first order to his troops on stage.

With determination, grace and expertise, which can only be accomplished after years of dedicated practice, the individual musicians, the strings, winds and percussion sections are ready for battle. Once their sounds are meshed, a reason for simply being is realized and confirmed.



Courtesy of the Honolulu Symphony

Music director of the Honolulu Symphony, Maestro Samuel Wong, will open his eighth season, Sept. 5 - 7 with Midori, and Oct. 3 - 4 with James Ingram. The symphony offers concerts to suit all ages and musical tastes, often to “standing room only” crowds. Visit www.HonoluluSymphony.com for more details or to subscribe.

The men and women of the Honolulu Symphony are “all present and accounted for.” The musicians are prepared to transform their listeners who fill the Neil S. Blaisdell’s Concert Hall seats to another world — a world of reason, understanding and clarity.

Listeners are treated to a perfection in sound.

After a crippling musicians’ strike in 1986, the

symphony struggled to find its place in the world. In came music director Samuel Wong, who revitalized the orchestra making it what it is today.

From his biography, you can see why. In his eighth season as music director, Wong, who holds a doctorate in Medicine from Harvard University and

a former music director of Harvard’s Bach Society Orchestra, as well as the New York Youth Symphony, has reaffirmed the philosophy of the symphony by paying tribute to Hawaii’s diverse community balancing an East-West theme.

Under its “Halekulani Masterworks” series, Conductor Wong and the Honolulu Symphony will open their 2003-2004 season, Sept. 5 -7, featuring the critically acclaimed violin extraordinaire Midori. This show alone will make the concert hall the place to be this fall.

Following Midori’s breathtaking Brahms concerto, couples are invited to share their love for music and another by witnessing world-renowned piano sensation Vladimir Feltsman in his evening of “Russian Romance,” a moving concerto by Prokofiev.

The “Masterworks” series will continue through the season with such classical superstars as Van Cliburn, Deborah Voigt, Sir James Galway, the dueling Dichters and others.

Add to that the Hawaiian Airlines’ “Pops” series, and you begin to understand why the Honolulu Symphony is recognized the world over as a place to of musical perfection.

Under the guidance of Maestro Matt Catingub, the symphony has emerged as the premier venue for artists like

See SYMPHONY, B-4

RECIPE CORNER



NAPS

Baked or grilled catfish complements a versatile, hearty entree in just under 10 minutes.

Catfish can spice up your supper

NAPS
Featurettes

You can get grilling with one of America’s favorite fish. Known for mild flavor and versatility, U.S. farm-raised catfish is a great choice for a new adventure on the grill. Adaptable to a variety of recipes, catfish takes under 10 minutes to prepare and grill. And, you can celebrate National Catfish Month every August by visiting www.catfishinstitute.com for 200 great recipes, such as this flavorful one.

Herb Catfish

Mix together 5 teaspoons of salt, 1 tablespoon garlic powder, 1 1/2 teaspoons chopped rosemary, 1 1/2 teaspoons basil and 1 teaspoon thyme. Sprinkle 1/4 to 1/2 teaspoon herb mix on six farm-raised catfish fillets, or 6 to 8 ounces, and lightly oil. Place fish on an oiled grill rack. Grill catfish fillets over high heat for 3 1/2 to 4 minutes per side, or until the fish is opaque and flakes when tested with a fork in its thickest part. To bake, place catfish fillets in a preheated 375 degrees oven. Bake for 8 to 10 minutes, or until the fish is opaque and flakes when tested with a fork in its thickest part. This recipe serves six hungry appetites.

SYMPHONY, From B-3

Christopher Cross, Lee Greenwood, Kenny Loggins, Faith Hill, Michael McDonald, and others. The late Rosemary Clooney also performed with the Honolulu Symphony. Premier talent is attracted to Hawaii in part because of our location, but primarily because of Catingub’s ability to accentuate an artist’s music. His understanding and flexibility in performing varying styles of music

from jazz, to country and rock & roll, has put the Honolulu Symphony on the international “A-list” of orchestras. “As a performer, I’ve had a lot of experienced playing music on stage,” said Catingub. “It’s because I understand what they’re doing. Most conductors don’t play or write music.” If you have never seen a contemporary artist or group play with a symphony, you begin to understand what the hype is all about. The experience leaves you with a new understanding

of sound. Although the “Pops” series begins Oct. 3 with the rich, soulful sounds of James Ingram, the preseason concert featuring the rock group Yes promises to be a premier concert event this year. Following their successful Pacific tour, Yes decided to contact the symphony to arrange a performance in Hawaii on Sept. 27. “Our reputation as a flexible, engaged body preceded us,” said Catingub. The 2003-2004 season may

well prove to be the highlight of Maestro Catingub’s six years as leader of the Pops. Such acts as jazz greats David Benoit and Michael Paulo will perform, and Hawaiian legends Cecilio & Kapono will be playing a rare anniversary reunion. The season finale will feature two-time Grammy Award winning artist Toto. The Honolulu Symphony offers something for everyone. Adorned with its superb musical offerings, you are sure to get your money’s worth. Military

personnel and their families receive a discount of 50 percent off normal ticket prices. “We want to recognize the sacrifices of our military community,” said Suzanne Lee, public relations specialist with the Honolulu Symphony. In the words of Maestro Catingub, “You can’t just play classical music, but, you can’t play without it either.” Get your tickets today, and see what you’ve been missing. You may never hear music the same way again.

ON THE MENU

Anderson Hall will serve the following this week:

Today
Lunch
Pepper Steak
Southern Fried Catfish
Rice Pilaf
Potatoes Au Gratin
Sugar Cookies
Asst. Fruit Pies

Dinner
Beef Pot Pie
Roast Turkey
Paprika Butter Potatoes
Steamed Rice
Sugar Cookies
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Pasta Bar

Saturday
Dinner/Brunch
Baked Lasagna
Chicken Parmesan
Pizza Slices
Garlic Bread
Marble Cake w/
Chocolate Icing
Asst. Fruit Pies

Sunday
Dinner/Brunch
Barbecue Beef Cubes
Baked Turkey & Noodles
Steamed Rice
Ginger Molasses Cookies
Spice Cake w/
Butter Cream Frosting

Monday
Lunch
Meatloaf
Pork Ham Roast
Steamed Rice
Mashed Potatoes

Chocolate Chip Cookies
Asst. Fruit Pies

Dinner
Beef Brogul
Baked Cajun Fish
Mashed Potatoes
Steamed Rice
Chocolate Chip Cookies
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Pasta Bar

Tuesday
Lunch
Simmered Corned Beef w/
Mustard Sauce
Honey Glazed Cornish Hens
Parsley Buttered Potatoes
Egg Noodles
Peanut Butter cake w/
Peanut Butter Frosting
Asst. Fruit Pies

Dinner
Turkey Pot Pie
Sweet & Sour Pork
Steamed Rice
Parsley Buttered Potatoes
Peanut Butter Cake w/
Peanut Butter Frosting
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Taco Bar

Wednesday
Lunch
Pork Adobo
Beef Yakisoba
Steamed Rice
Pork Fried Rice
Oatmeal Cookies



Strawberry Shortcake
Asst. Fruit Pies

Dinner
Steak Smothered w/Onions
Southern Fried Catfish
Mashed Potatoes
Steamed Rice
Oatmeal Cookies
Strawberry Shortcake
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Hot Dog

Thursday
Lunch
Turkey A La King
Beef Porcupines
Mashed Potatoes
Boiled Egg Noodles
Marble Cake w/
Chocolate Cream Frosting
Pineapple Upside-Down Cake
Asst. Fruit Pies

Dinner
Braised Liver w/Onions
El Rancho Stew
Honey Ginger Chicken
Steamed Rice
Boiled Egg Noodles
Marble Cake w/
Chocolate Cream Frosting
Pineapple Upside-Down Cake
Asst. Fruit Pies

Specialty Bar
(Lunch and Dinner)
Taco Bar



NAPS

Did You Know?

Scholars who believe that “Mother Goose” was a real person have identified her as the Biblical Queen of Sheba, military leader Charlemagne’s mother, Elizabeth Goose, a colonist in Boston.

WORD TO PASS

Sexual Addiction Workshop Scheduled, Thursday

What is sexual addiction? It’s a condition that is marked by a pattern of sexually illicit behavior that has become unmanageable.

Adults may attend this workshop from 1:30 - 4:30 p.m., Thursday at the Religious Education Center, Bldg. 1090 aboard MCB Hawaii, Kaneohe Bay.

If you’ve noticed an escalation in the your use pornography or commercial sexual services, or the intrusion of these behaviors into your lifestyle — in your career, family life or finances — this workshop is for you.

Hawaii Kai’s Summer Festival Happens Tomorrow

Come celebrate ohana with Koko Marina Center’s “Summer Fun Festival,” Saturday from 1 - 5 p.m. The center will feature its very own “Taste of Ohana” with foods from around the world, exciting activities and booths, a

farmer’s market with fresh produce and flowers, and demonstrations, including 808 Skate’s infamous half-pipe X-treme demo and stunts.

Also, catch an aloha attire, pet fashion show at 1:30 p.m.; Tae Kwon Do at 2:15 p.m.; keiki yo-yo demonstrations at 3 p.m.; hula at 3:45 p.m.; a cardio class at 4:30 p.m.; and 808 X-treme skating from 1 - 5 p.m.

Attendees may try their luck at the balloon-filled prize cage, spin their fortune at the Spin-n-Win Wheel, and tour the entire center for a chance to win a three-night Las Vegas vacation.

Surf the Web site at www.KokoMarina.Center.com for more details. The center is located at 7192 Kalaniana-ole Hwy. in Hawaii Kai, and features a variety of activities and shops.

Police to Trade Holsters for Aprons, Wednesday

Officers in the Honolulu Police Department will be putting down their

badges and picking up trays to serve customers during the 12th Annual Tip-a-Cop fundraising campaign in support of Special Olympics Hawaii, Wednesday from 11 a.m. to 2 p.m. and 5 - 9 p.m.

You will find these protectors of the peace at multiple Ward Warehouse and Ward Center restaurants for lunch and dinner, including Scoozee’s, the Old Spaghetti Factory, Brew Moon, Sushi Masa, the Yum Yum Tree, Buca di Bepo, Dave & Buster’s and Compadres, to name a few.

You’re invited to enjoy the fun and tip a cop to help a worthy cause.

The Special Olympics provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with developmental disabilities. The games give them opportunities to develop physical fitness, demonstrate courage, experience joy and participate in skills with their families and friends.

For more details, contact Melissa

Kamei at 543-3585.

Waianae Will Host Shakespeare Play

Mark your calendars for the “Much Ado About Nothing” production by the Children’s Renaissance Faire, part of the the Shakespeare Festival, Aug. 22 and 23 in the Kahumana community of Waianae, beginning at 4 p.m., with showtime at 7 p.m.

Games, activities, a town market, puppet shows, dancing, sword fighting, and much more entertainment will be available. Bring your favorite lawn chair for this outdoor production.

A \$5 donation is requested for admission, which includes a feast, green show and the play.

For more details, call 259-7062.

Bishop Museum Readies for ‘Mars’

Mars will be closer to the Earth than it has been in 59,617 years, and Bishop

See WORD TO PASS, B-6

WORD TO PASS,
From B-5

Museum will celebrate the milestone with “Mars Madness,” Aug. 27 from 8 p.m. till midnight.

A special planetarium show (“Red Planet Mars”), star-gazing atop the planetarium observatory and viewing Mars through giant telescopes on the Great Lawn are just part of the fun planned for this once in a lifetime event. Cool demonstrations featuring the Mars Rover and other fascinating gadgets are also scheduled.

Come celebrate “Mars Madness” at the Bishop Museum. Admission is \$3 per person or \$10 for a family of four.

Call 847-3511 or visit www.BishopMuseum.org for more details.

Mighty Mo to Commemorate 58th Anniversary of World War II

As a tribute to the heroism of all U.S. war veterans, the USS Missouri Memorial Association, Inc. — caretaker of the battleship Missouri — will hold a commemoration ceremony marking the 58th anniversary of the end of World War II, Sept. 2 at 8:45 a.m., on the deck of the historic battleship.

The annual commemoration will last approximately one hour and is open to the public.

The ceremony will feature a traditional military salute, patriotic music by the U.S. Pacific Fleet Band, and a keynote speech from the 20th and 23rd captain of the USS Missouri (and the ship’s last commanding officer before its

final decommissioning in March of 1992), Navy Capt. Albert Lee Kaiss.

Free trolley service to the memorial will be provided to the public from 7:45 - 8:45 a.m., Sept. 2.

Affectionately referred to as the “Mighty Mo,” the USS Missouri first captured worldwide attention, Sept. 2, 1945, when 2,000 Marines and Sailors stationed aboard the juggernaut jammed into every possible observation area to watch when representatives of 10 nations — including U.S. Gen. Douglas MacArthur — assembled onto the deck in Tokyo Bay, Japan, to receive surrender documents from Japanese officials.

The USS Missouri Memorial Association was formed in 1994 and includes a cross-section of leaders from Hawaii’s business, civic, political and retired communities. Former President George Bush is the memorial’s honorary Chairman of the Board.

For more details about the commemoration, call 423-2263, or visit the USSMissouri.org Web site.

Big Brothers and Big Sisters Wanted

Volunteers are needed to enroll as Big Brothers and Big Sisters. They will spend a couple of hours per week with their assigned Little Brother or Little Sister.

The main focus of this program is to build a friendship and for the adult to serve as an adult role model for a child who doesn't have a mother or father role model.

Typically, volunteers help kids work on class assignments, enjoy activities, play

board games, or simply converse about what's on their mind. However, the program is very flexible and works around your schedule. In fact, you and your Little Brother or Little Sister can decide when, where and what to do, as long as your plan is cleared with parents or guardians.

Little Brothers and Sisters are between the ages of 5 and 12 years and selected by their teachers and school counselors. Volunteers don’t need to be a parent, teacher, specialist or super hero, though becoming a Big Brother or Big Sister could make you feel like a super hero.

If you'd like to get involved and make a difference in a child's life, call Matt Char, the volunteer coordinator at the Big Brothers Big Sisters of Honolulu, at 521-3811, ext. 232.

MDA Seeks Telethon Volunteers

The Muscular Dystrophy Association is seeking volunteers to participate in the 2003 Jerry Lewis MDA Labor Day Telethon “Catch-a-Cure” program. Volunteers will be collecting funds Aug. 30 - 31 at various locations.

The Catch-a-Cure program will be highlighted during the telethon to raise additional funds to support research, public health education and services for people affected by any more than 40 neuromuscular diseases. The telecast will run from 10 p.m. to midnight, Aug. 31, and 8 a.m. to 5 p.m., Sept. 1 on KITV Channel 4.

To volunteer or for more details, call the MDA office at 548-0588.



Lance Cpl. Monroe F. Seigle

Sergeant Rolys Alvino, a dynamic component mechanic with Marine Aviation Logistics Squadron 24, has found he gets better gas mileage by driving efficiently and performing preventative maintenance.

Using just a bit of common sense helps your gas last

NAPS
Featurettes

Any day of the week, individuals and families desire to reduce the cost of a tank of gasoline. Fortunately, common sense and good driving sense can go a long way toward conserving fuel.

Top 10 Gas Savers

- 1) Avoid high speeds and use your cruise control. Increasing your speed uses more fuel.
- 2) Avoid unnecessary idling, it wastes fuel.
- 3) Avoid jackrabbit starts and sudden stops.
- 4) Remove excess weight from

the trunk. Extra weight decreases gas mileage.

- 5) Keep your tires properly inflated. Under-inflated tires can reduce fuel efficiency.
- 6) Use overdrive gears if you have them, as their use can reduce engine speed and improve fuel consumption.
- 7) Use your air conditioner sparingly. Its use increases gasoline consumption.
- 8) Keep your engine tuned.
- 9) Check and replace air filters regularly. Clean air filters keep impurities in the air from damaging the engine, and can improve fuel economy.
- 10) Get gasoline specially formulated to give you better mileage.

Beginning Thursday, motorists must watch for kids

A safe commute to school requires that children follow road and bicycling rules

NAPS
Featurettes

Keeping children safe before and after school can be as easy as A-B-C, if they have proper safety equipment for an injury-free commute to and from school on skates or bicycles, and follow safety guidelines when walking.

“Oftentimes parents may not think to check safety gear for their children who ride bikes or rollerblade to school,” said James

Wells, M.D., president of the American Society of Plastic Surgeons. “[We] treat children injured in bicycle or skating collisions throughout the year. Proper helmet and wrist guard use minimizes soft-tissue injuries of the face and hands such as bruises, scrapes and cuts.”

The Society urges parents to take the following safety precautions this school season, as well as throughout the year.

Making the School Commute

1) Make sure children wear safety equipment such as helmets, elbow pads, knee pads and wrist guards.

2) Remember, children grow fast. The helmet that fit last year may

now be too small. All helmets, knee pads and wrist guards should fit snug and be worn as described on the equipment’s directions.

3) Caution children to use bicycles, scooters, in-line skates and skateboards only on smooth-paved roads or only where allowed.

4) Teach children how to stop properly.

5) Check park districts and sports stores for classes on safety and proper equipment usage.

6) Know what to do in an emergency situation. Have emergency phone numbers available.

The Society supports child safety with its “Helmets 4 Safety” annual event, distributing helmets to school children in the city that hosts its annual meeting.



Lance Cpl. Monroe F. Seigle

Children of different ages and grades aboard MCB Hawaii, Kaneohe Bay, will return to Mokapu Elementary School for the 2003-2004 school season, Thursday. Motorists should be especially watchful for darting kids.

A maze of student loan programs can assist today’s college-bound

Robert Walker
NAPS Featurettes

The world of student loans can be a confusing maze for parents and students. Yet, while the process may seem overwhelming, there are a number of loan options and resources available to applicants. Familiarizing yourself with the financial terms used by college and university financial aid departments is a great starting place when beginning your search.

FAFSA: Free Application for Federal Student Aid. This application is the starting point for the entire aid process, and the most important piece. Without this, nothing else happens.

All students must send their completed FAFSA to the Department of Education to determine their level of aid eligibili-



ty. (Tip: Using the Web e-application is simple, intuitive and reduces processing time by weeks.)

Stafford Loan: Subsidized (need based) and Unsubsidized (non-need based) loans guaranteed by the government and available to students for education funding. On July 1, Stafford loan rates dropped to a record low of 3.42 percent for loans in repayment.

Perkins Loan: A school-based program, awarded, administered, and collected by the school. At 5 percent, this loan has a low interest

rate and the interest is subsidized while the student is in school.

PLUS: Parent Loans for Undergraduate Students. Federal loans available to parents of dependent, undergraduate students. A great cash flow option, and any excess payments go directly to the principal, quickly lowering repayment amount.

Consolidation Loan: Combining several loans into a single loan, reducing monthly payments and/or extending the repayment period. Many loan companies such as

Nelnet (National Education Loan Network) provide additional interest rate reductions for students, increasing monthly savings.

Disbursements: The release of loan funds to the school for delivery to the borrower.

Deferment: A period when a borrower meeting certain criteria may suspend loan payments.

Forbearance: The lender allows the borrower to temporarily postpone repaying the principal, but interest charges continue to accrue, even on subsidized loans.

(Editor’s Note: Robert Walker is the director of financial aid at Creighton University in Omaha, Neb., and the recipient of the Nelnet Full Circle Award that recognizes excellence in financial aid counselling.)

Parents may first notice learning disabilities in pre-school - 4th grade

NAPS
Featurettes

To make the most of available help, parents and teachers should look out for learning disabilities when kids start school, and all through the year. Ninety percent of kids who get help by first grade can achieve normal reading ability.

The experts at the Coordinated Campaign for Learning Disabilities suggest you watch for several early warning signs.

In Preschool: Late talking; pronunciation problems; slow vocabulary growth or difficulty finding the right word; difficulty making rhymes; trouble learning numbers, alphabet, days of the week, colors and shapes; extremely restless and easily distracted; trouble interacting with peers; and poor ability to follow directions or routines may be warning signs.

In Grades K-4: Slow to learn the connection between letters and sound; confusing basic words (run, eat, want); consistent reading and spelling errors; difficulty learning basic math concepts and signs; slow to recall facts; slow to learn new skills; impulsive, lack of planning; unstable pencil grip; trouble learning about time; and poor coordination may be warning signs.

To learn more about learning disabilities and what to do, visit www.focusonlearning.org.

Teenage drivers need more rigid guidelines

Parents or guardians should establish standards prior to handing over the keys

NAPS

Featurettes

The reason many teens have serious driving accidents can be summed up in one word — inexperience. Whether they are on their way to surf, swim or start school, teens may find themselves in driving situations they are not yet equipped to handle.

Parents can keep teens safer this summer, say officials at GEICO, by helping young drivers develop more experience and limiting certain driving situations for teens until they are better prepared to handle them.

Parents can set several standards:

- Limit night driving. Many teen car crashes take place between 9 p.m. and midnight.
- Restrict passengers. More passengers in the car

increases the chance of greater risk-taking and leads to greater distractions.

- Keep it slow and safe for starters. Teens need to stay away from fast-moving, high volumes of traffic until they feel comfortable in such situations.
- Be firm about safety belt use. Require that your teenagers wear safety belts at all times.
- Discuss realistic consequences of drug and alcohol use and how they are unacceptable while driving.

Parents can also help by anticipating other issues:

- 1) Providing training for bad weather situations. Limit your teen’s driving during periods of bad weather until the teen demonstrates a high level of competence and confidence.
- 2) Supervising as much practice as possible. Take an

active role in your teenager’s driving practice. Make a firm schedule to supervise the future driver and stick to it.

- 3) Restricting cell phones to emergency use only. Provide your young teen with a cell phone in the car for emergency use only.
- 4) Choosing safe vehicles for your children. Proper attention to the vehicle a teen drives is as important as his or her actual driving. Avoid small cars, trucks and sports utility vehicles. Instead, look for automobiles with high safety ratings. Go to hwysafety.org for vehicle safety ratings.
- 5) Serving as a responsible role model. New drivers learn a lot by example, so practice safe driving. Teens with poor driving records often reflect the behavior of parents with poor driving records.



Lance Cpl. Monroe F. Seigle

Parents can make the streets safer by sharing with and giving their teenage drivers — like Sara Weiner, 17, a family member aboard MCB Hawaii — as much supervised driving experience as possible.

Keeping your car out of the hands of prospective thieves is possible

NAPS

Featurettes

If worries about automotive security are robbing you of your rest, there’s a line of products that may help you stay in the fast lane of safety.

The amount of personal property stolen each year is staggering. The annual property theft rate in the United States is roughly \$12 billion.

Auto theft accounts for more than half of that figure; a vehicle is stolen in the U.S. every 25 seconds. In addition, thieves are targeting more and more valuable items such as tools, trailers, ladders, recreational vehicles, bicycles and spare tires.

People are not only concerned about protecting their vehicles, but anything on them, in them, pulled by them or related to them.

Here are some tips to help keep your car in your hands:

- Remove your keys from the ignition after every trip.
- Lock your vehicle, no matter where you are.
- If you must leave your key with a parking attendant, leave only your vehicle’s ignition key. Do not leave anything attached to it with



Lance Cpl. Monroe F. Seigle

If thieves can’t easily steal your vehicle, they won’t. Therefore, motorists should practice anti-theft measures to keep their prized possessions.

your name and address.

- Always park in well-lit, high-traffic areas.
- Always have your keys ready before you reach the car.
- Copy your tag number and vehicle identification number on a card, and keep it with your driver’s license.
- Write your driver’s license number on a business card, and drop it down the window slot to

serve as identification, in case the VIN is removed.

- Consider the use of anti-theft devices such as steering wheel locks and window etchings.

Their are several brands of anti-theft devices for cars and trucks. Several are highly visible, letting potential thieves know your car is protected, and police say a visible security system is the best way to deter auto theft.

Booster seats give kids a lift on life

NAPS

Featurettes

Thousands of children between 4 and 8 years old are killed or injured in car crashes each year, and many of these deaths and injuries could be prevented. The National Highway Traffic Safety Administration (NHTSA) estimates that fewer than 10 percent of these children, who weigh between 40 and 80 pounds and up to 4 feet, 9 inches tall, are properly belted in booster seats.

According to research by the Children’s Hospital of Philadelphia, placing 4 - 8 year olds in car booster seats can reduce their risk of injuries in a crash by about 60 percent.

To urge parents to buckle up their older kids safely in booster seats, the National Automobile Dealers Association has created the “Boost for Safety” public awareness campaign, in partnership with NHTSA. The NHTSA says this age group should be properly restrained in the back set in belot-positioning booster seats, which are designed to raise children up so that a vehicle’s shoulder and lap belts fit correctly and safely.

From birth to at least 1 year and at least 20 pounds should be secured in the back in rear-facing infant seats; kids 1 to 4 and 20 - 40 pounds should be secured in back seats in forward-facing toddler seats. Visit www.nada.org/boostforsafety for more.



Surviving family members qualify for aid

Military Survivor Benefits provide for the well-being of the spouse and children

Capt. David J. Fennel
*Officer in Charge,
Legal Assistance Center*

(Editor's Note: This article's purpose is to provide a basic overview of benefits available.)

The untimely death of a military spouse is devastating to a family. However, in the family's time of need, many benefits are available to surviving family members of active duty personnel.

SGLI (Servicemen's Group Life Insurance)
Life insurance in the amount up to \$250,000 is provided to each service member at a discounted premium rate, unless the member specifically chooses a lesser amount.

Death Gratuity
The death gratuity benefit provides a \$6,000 lump sum payment for the survivors of a member who dies while on active duty, or within 120 days after release, if the death resulted from a disease or injury incurred while on active duty.

Social Security Payments
Social security in a lump sum payment of \$255 is paid to the surviving spouse. Additionally, the surviving spouse and/or family members may be entitled to monthly survivor benefit

payments upon the death of the service member.
A spouse under the age of 60 must be caring for children under 16 to qualify. A spouse who has reached age 60 qualifies for payments based upon the death of the service member.
Children independently qualify for payments if they are under 18.
The amount the family will receive depends on the deceased service member's average lifetime earnings. The higher the earnings, the higher the benefits received.

Military Burial Benefits
All active duty personnel are entitled to be buried in a national cemetery. This entitlement is on a space available basis, but if the service member is eligible, the government will provide a headstone and a grave liner. Additionally, up to \$6,075 is available for the primary and secondary expenses related to the funeral and burial.

Unpaid Pay and Allowances
If no designation is made by the service member, unpaid pay and allowances go to the spouse, then children, then parents and finally to the estate.

Survivor Benefit Plan
The Survivor Benefit Plan is a program designed to provide income protection to spouses, dependent survivors, or former spouses of service members who die in retirement or on active duty.
For those service members who die on active duty, the initial payment to a surviving spouse under the age of 62 is generally equal to 41.25 percent of that deceased member's base

pay. The payments are reduced by the amount of the monthly Dependency and Indemnity Compensation that is paid to the surviving spouse.
For active duty deaths, when the surviving spouse reaches age 62, the payment is reduced to 26.25 percent of the deceased member's base pay. It is paid until the spouse dies, but is suspended upon remarriage before age 55. In such a case, the payments are made in equal shares to eligible children under age 18, or under age 22 if a full-time student.
Should the surviving spouse remarry at age 55 or older, the surviving spouse will continue to receive the monthly payment.

Dependency and Indemnity Compensation (DIC)
The Department of Veteran's Affairs pays a lifetime payment per month for surviving family members of an active duty or retired service member. Presently, the benefit is a flat rate monthly payment of \$948, regardless of rank, to the surviving spouse.
Lesser amounts are paid to the surviving children, depending upon the number of children, if there is no surviving spouse. Payments commence following application to the VA.

Dependent's Educational Assistance (DEA)
If the family qualifies for DIC, the family can also apply for Dependent's Educational Assistance. The VA will pay for up to 45 months of educational benefits for spouses and children under 26, at the rate of \$680 per month for full-time study.

Generally, a spouse has 10 years from the date of death to use the benefit.
For a child, the benefit must be used between the ages of 18-26 years.

GI Bill
The VA will pay a special Montgomery GI Bill death benefit to a designated survivor in the event of the service-connected death of an active duty GI Bill participant.

Veterans' Administration Death Pension
If the service member served at least 90 days during designated periods of war and the surviving family is of limited income, then the family may qualify for this pension. The length of marriage and assets will determine the amount of the pension.

Loans/Grants
The Navy/Marine Corps Relief Society offers qualifying family members financial assistance in the form of interest-free loans or grants during personal and family emergencies. Aid may be received for such purposes as food, rent, utilities, essential car repair and certain medical and dental care.
The assistance is temporary and based on immediate needs.

Housing
If the member's death was in the line-of-duty, family members will be allowed to occupy base housing without charge for a period of 180 days. If the family vacates base housing prior to the expiration of the 180 days, basic allowance for housing will be paid for the unused days.
If the family was not living

on base, BAH or the overseas housing allowance will continue for 180 days after the member's death.

Legal Assistance
Eligible family members may obtain legal advice in connection with settling the estate of the deceased member.

Medical Benefits
Eligible family members may receive inpatient and outpatient care, including pharmacy services at uniformed services medical treatment facilities for a period of three years after their active duty sponsor dies. Coverage ceases upon a remarriage to someone outside the uniformed services.

Commissary and Exchange Privileges
Subject to the installation commander's determination of availability, the unmarried surviving spouse is eligible for commissary and exchange privileges.

State Benefits
Many states have passed laws providing for benefits that can include bonuses, educational assistance, employment opportunities, tax relief, and others. Local government and VA officials should be contacted.

For further information concerning these rights and benefits, contact the MCB Hawaii Legal Assistance Office at 257-4038, ext. 242.
General VA Benefit questions can be answered by visiting the Veteran's Administration Web site at www.va.gov, or by calling 1-800-827-1000.

MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

Vehicles

1999 Nissan Sentra GXE, limited edition, 5-speed, PL/PW, A/C, new exhaust, well maintained, 65K miles. Asking \$7,000 OBO. Call 253-0334 or 386-0805.

1997 Chevy Astro luxury conversion van, w/TV and VCR, 12 CD, rear air. Custom loaded, no problems, and only 52K miles. Must sell, PCS move. Asking \$14,000 OBO. Call 254-8149.

1994 Pontiac Grand Am, two door, stick shift, no air conditioning, only 66K

miles, runs good. Asking \$3,000 OBO. Call 783-5404 or 254-2906, ext. 459.

1992 Chevy Cavalier, good condition, must sell, leaving island, 42K miles. Asking 1,000 OBO. Call Tyler at 754-1560.

1992 Geo Storm, automatic, air conditioning. Asking \$1,200 OBO. Call 216-7193, 257-8839 or 253-0322.

1990 IROC Z-28, black on black, T-top, rebuilt 350 engine, 4-speed automatic, power everything. Needs only minor bodywork and new converter. Asking \$2,000 OBO. Call 254-

0418, after 6 p.m.

Furniture

China hutch, black lacquer with matching dinette. Both for \$175. Call 254-8242.

Sojin piano, black, must sell. Asking \$1,200 OBO. Call 262-6174.

Wanted

Hair stylist to cut hair for special needs child, in your home or mine. Call Ginger at 254-2301.

Free Makepono Advertisements

Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees. Ads are free and will appear in two issues of the Hawaii Marine, if space is available.
The deadline for submitting ads to the Hawaii Marine is at 4 p.m. the Friday of the week prior to publication.
Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office, located in Bldg. 216 aboard Kaneohe Bay.
Makepono may be used only for non-commercial classified ads containing items of personal property. Ads must represent incidental exchanges, not of a sustained business nature, which are run on a first-come, first-served basis.
Call 257-8836 or 257-8837 for more details or assistance.

QUOTABLE: “Too often, the opportunity knocks, but by the time you push back the chain, push back the bolt, unhook the two locks and shut off the burglar alarm, it’s too late.”
— Rita Coolidge